

## Using WIC Checks

### The following rules apply to WIC checks and WIC Fruit and Vegetable checks:

- Use your checks on or between the first and last day to use.
- Use a check only if your name is printed below the signature box.
- Shop only at approved stores. Look for the “WIC Checks Accepted Here” signs.
- Buy the amounts and types of foods listed on your checks.
- Separate your WIC foods by check, and from other items you are buying.
- Let the checker know you are using WIC checks before you begin your purchase.
- Sign the check only after the checker sees your ID and writes in the amount.



### These additional rules apply only to WIC Fruit and Vegetable checks:

- Ask the checker if you can use your WIC Fruit and Vegetable checks together, if more than one person in your family gets WIC Fruit and Vegetable checks. Some stores can process checks this way.

**Example:** You can combine a \$6 WIC Fruit and Vegetable check with a \$10 WIC Fruit and Vegetable check to pay for \$16 worth of fresh fruits and vegetables.

- If your purchase costs more than the amount on the WIC Fruit and Vegetable check, you are allowed to pay the extra amount.

**Example:** If the purchase costs \$7, and you are using a \$6 WIC Fruit and Vegetable check, you can pay the extra \$1 to cover the cost.

- If your purchase costs less than the amount on the WIC Fruit and Vegetable check, you are not allowed to receive money back.

## Shopping Tips

You can help WIC serve more families by using coupons and loyalty cards, and choosing lower priced foods.

**Store specials apply to WIC purchases.** This includes buy one, get one free offers.

**If you can't find what you are looking for,** ask store staff for help.

**You do not have to buy all the foods listed on your WIC checks.** You may buy less, not more.

**Bring your WIC Appointment/ID folder to the store to use as identification.** Other forms of ID are accepted. The name on your ID must match one of the names printed below the signature box on the check.

**If you sign the check before you give it to the checker,** the check will not be accepted.

A form titled "APPOINTMENT AND ID FOLDER" with the "WASHINGTON STATE NUTRITION PROGRAM WIC" logo. It contains fields for "Print caregiver and/or client name", "Signature", "Print alternate name", and "Client name(s)". Below these are instructions: "The name on your ID must match one of the names printed below the signature box on the check." and "Use this folder at the grocery store for ID when using your WIC checks." It lists "Examples of ID:" including Driver's License, Military ID card, State ID card, and Tribal ID card. It also says "Your WIC Clinic:" and "Call your WIC Clinic:" with bullet points for changing appointments, store problems, check problems, and moving. At the bottom, it says "WIC Supports Your Healthy Lifestyle!".

### Weights and Measures

#### Abbreviations:

Ounces = OZ

Pound = LB

#### Equivalents:

½ gallon = 2 quarts

1 gallon = 2 half-gallons

1 gallon = 3.8 liters

½ pound = 8 ounces

1 pound = 16 ounces

1 pound = 0.45 kilograms

### Shopping Tip

Look for Shopping Tips throughout the guide.